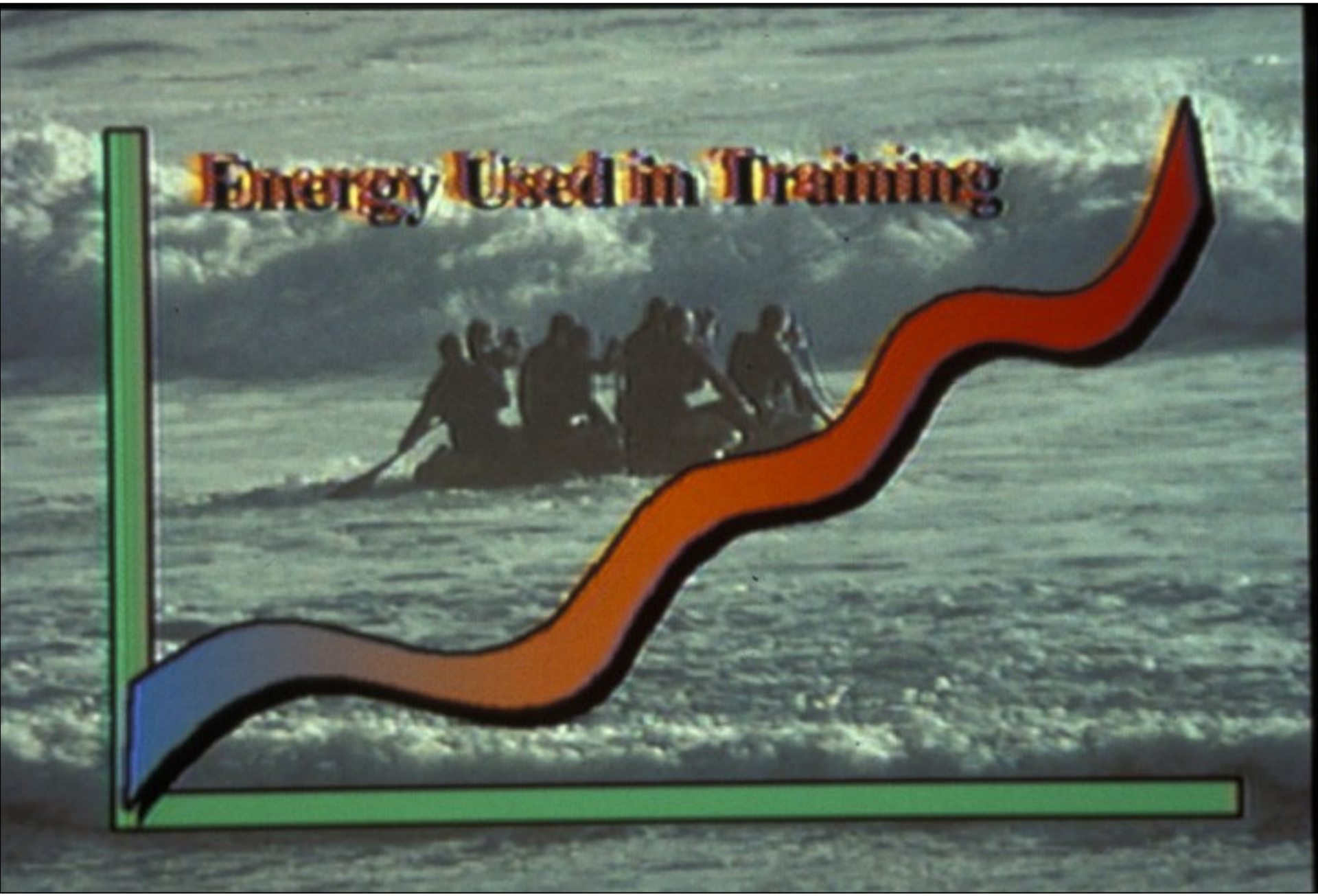
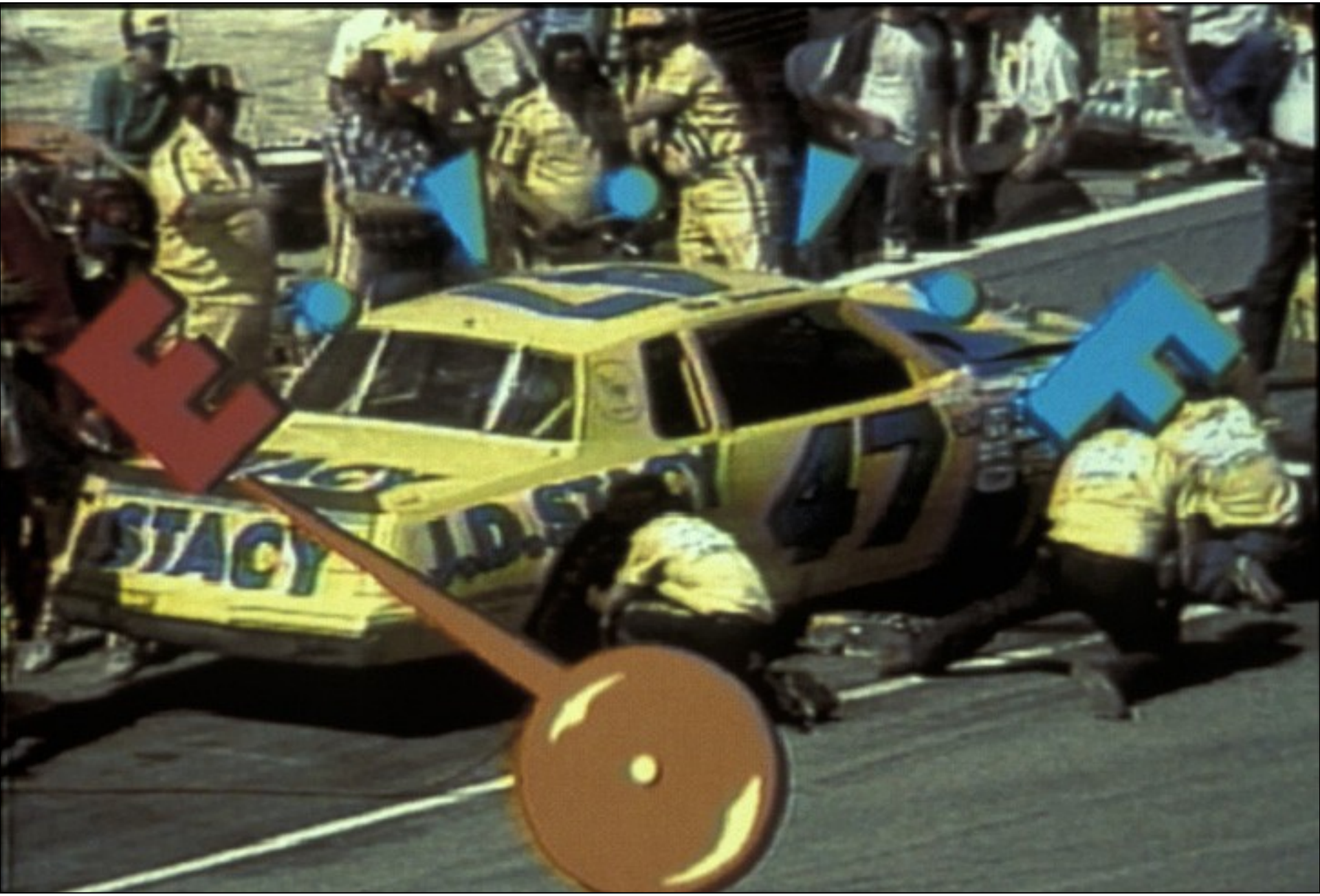
TAKIS
U.S.

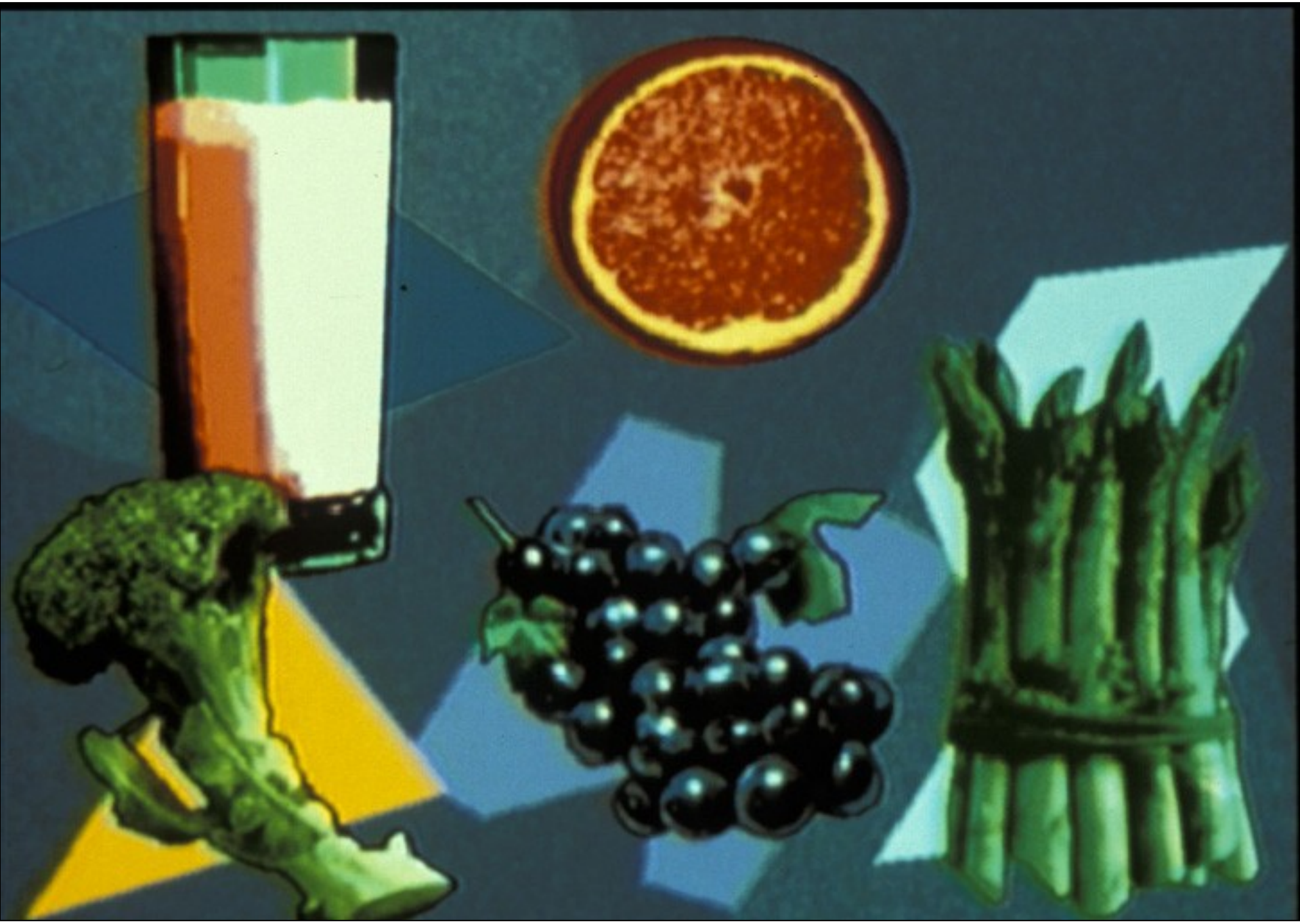
Energy Used at Rest

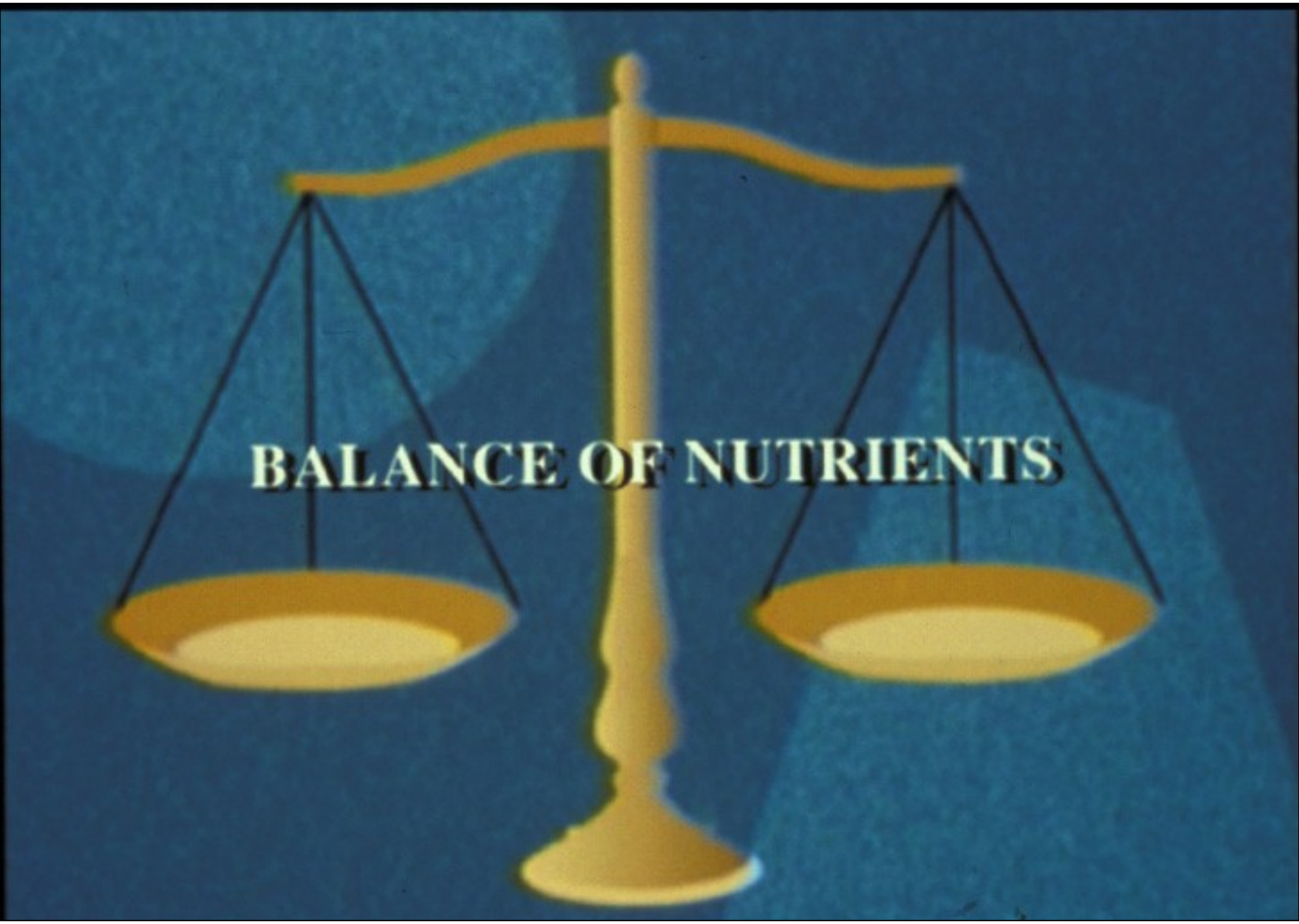

Energy Used in Training

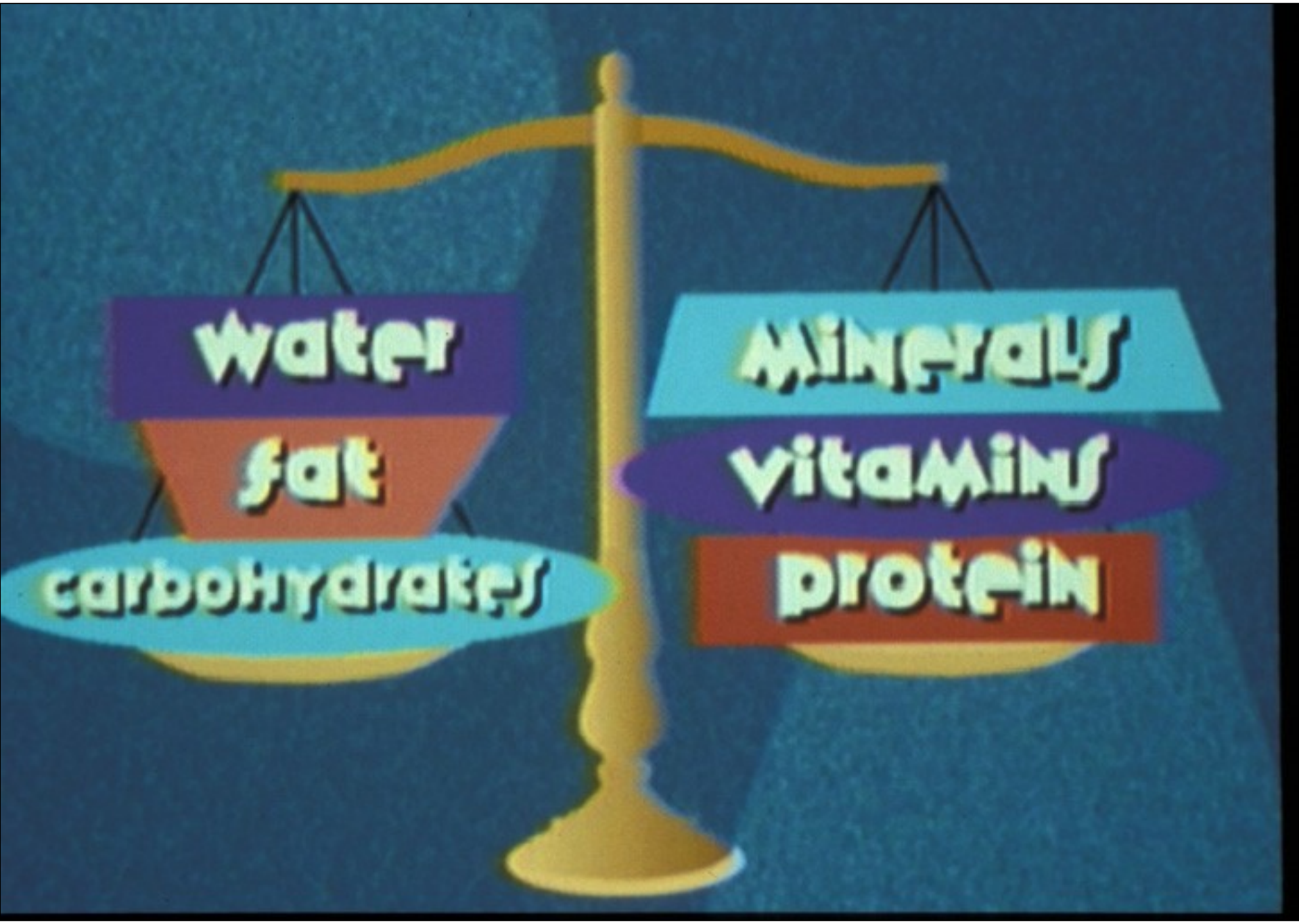
7


STACY
47

STACY
47




BALANCE OF NUTRIENTS


water
fat
carbohydrates
minerals
vitamins
protein

USMC

WISE